Music by Dennis Westphall
and Lorraine Bayes

The Problem-Solving Rap

Lyrics

If I'm stuck and in **trouble**
And I don't know what to **do**
There are three easy **questions**
That are sure to **help** me through

I can ask myself "How do I **feel**?"
How do I feel?
Am I **happy**, am I **sad**?
Am I **scared**, am I **mad**?

I can ask myself "What is the **problem**?"
What is the **problem**?
Then I'll know what's going on

I can ask myself "What can I **do** now?"
What can I do now?
I can think up some **ideas**

So let's all **remember**
The three easy things to ask
Let's say them one time over
So we can do the task

1, 2, 3, go

Don't **forget** number one
How do I **feel**?
How do I **feel**?

Don't **forget** number two
What is the **problem**?
What is the **problem**?

Don't **forget** number three
What can I **do**?
What can I **do**?

Now tell it all again

1, 2, 3, go

How do I **feel**?
How do I **feel**?
What is the **problem**?
What is the **problem**?
What can I **do**?
What can I **do**?

Sign language illustrated instructions on pages 2–3

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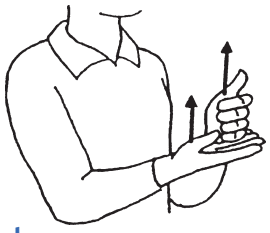
continued on page 3

Verse 1

trouble
B shape both hands, palms slanted out. Alternately circle inward toward front of face.

do
Claw shape both hands, palms down. Swing back and forth.

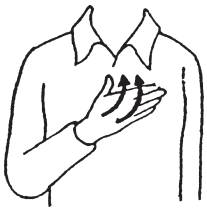
question
Outline question mark in air with right index finger.



help
Place little finger side of left A, thumb up, in right palm. Raise right palm up.

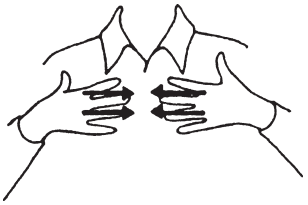
Verses 2–4

feel
Strike right middle finger upward on chest.

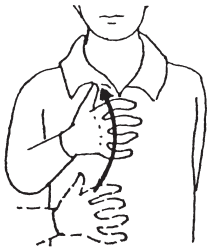


happy
RH open B palm in, tips left. Brush up chest twice with quick, short motion.

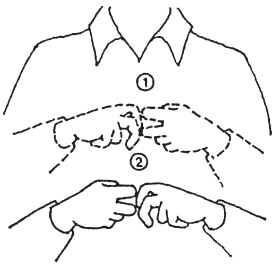
sad
Five shape both hands, palms in, fingers slightly curved, LH a little below RH. Hold in front of face and drop slowly.



scared
Open 5 both hands, palms in, tips facing. Move back and forth several times, as if shaking in fright.

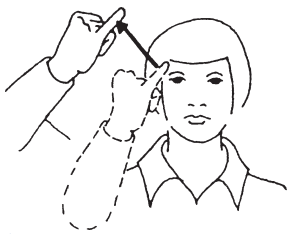


mad
Claw shape RH tips on chest. Draw up and out in forceful manner.



problem
Bent V shapes both hands, right palm down, left palm in. Place knuckles together then twist in opposite directions, RH rotating forward, LH rotating back.

do
Claw shape both hands, palms down. Swing back and forth.



idea
I shape RH palm in. Place little fingertip on right temple then move out.

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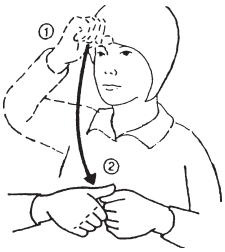
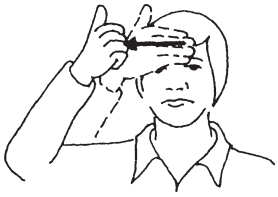
Verses 5–End

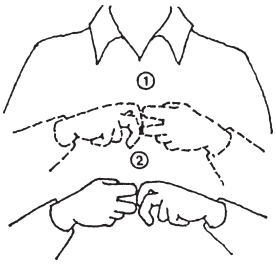


remember
Place thumb of right A on forehead, then drop down and touch thumb of A shape LH palm right.



forget
RH open B palm in. Draw tips across forehead from left to right, ending in A shape.

feel
Strike right middle finger upward on chest.



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